

Irene News

26 May 2014

No 21 - 2014

Achievements

It was a good day for Irene members at the Love Run on Saturday. Congratulations to the following members who earned podium positions:

Mike du Bruto	1 st GM – 10 km
Leon Page	3 rd Master – 10 km
Ansie Breytenbach	2 nd Vet lady – 10 km
Dirk Cloete	2 nd Vet – 21 km
Victor Phetoe	2 nd Master – 21 km
Lyn de Bruin	1 st GM lady – 21 km
Sheren Naidoo	2 nd Vet walker – 10 km
Sune Jordaan	3 rd Lady walker – 10 km
Jeanette Loots	2 nd Lady GGM walker – 10 km
Jaap Willemse	1 st Master walker – 21 km
SP Botha	1 st GM walker – 21 km
Gerard van den Raad	1 st GGM walker 21 km
Sandra Steenkamp	1 st Lady walker & 1 st master – 21 km
Elsa Meyer	2 nd Lady walker & 1 st GM – 21 km
Lucia Willemse	3 rd Lady walker & 2 nd master – 21 km
Marie van Dyk	3 rd Master lady walker



Mike du Bruto

The following members earned medals in their respective age categories at the cross country meeting held on 17 May:

Rob Hudson	Gold
Henk Moen	Bronze
Emmarie Theunissen	Gold
Thea van der Merwe	silver

Well done!

Personal achievements

None received

Don't be shy to let me know about your personal achievements. It can be anything.

Personalia

Condolences to Lyn de Bruin and her family. Her brother died this morning after suffering a stroke.

Congratulations to everybody celebrating their birthdays during the week.

Hannelie	Collatz	26-May
Vanessa	McClure	26-May
Garth	Wrigley	26-May
Mary-Ann	Henning	28-May
Barney	van Heerden	29-May
Willem	De Klerk	31-May
Andre	Rudolph	01-Jun

Chairman's bit

Dear Irene,

We had a great Comrades function on Saturday. I want to sincerely thank every member and athlete who was in attendance, and to all of their family and friends who made it a memorable and inspiring event. I am confident that all our Comrades '14 athletes left filled with motivation and eager anticipation for the big day which is now just 6 "slapies" away. I cannot begin to express my gratitude to all of our magnificent Comrades sponsors, not only Louis and Nadene Visser who annually provides a substantial cash sponsor, but also to every member and friend of Irene Athletics Club who generously supplied items for our fantastic goody bags. This year, Lance van der Merwe also took initiative in sponsoring striking t-shirts to the members of the official Irene Training group who trained under the guidance of our club Captains and Coach Jacques.

May all the Comrades athletes enjoy a calm, healthy and relaxed week, and may all our travels to Durban and Pietermaritzburg be safe. Let's try and apply the great advice and motivational ideas we got on Saturday from our great speakers at the function. I wish all the Comrades runners luck – you are all winners, and Sunday is going to be great. Keep smiling, keep going and be on the lookout for fellow club members, family and friends on route who will carry us to the end.

Have a great week, relax and be safe.

Yours faithfully, Chris

League race

Thank you very much to all our members who supported the league race on Saturday. It was a great day with lots to eat. Thanks to Chris and Isabel Koch for bringing the food to the venue. A big thank you to Alan Hyson and his wife for baking the May birthday cake. It is amazing to see how much effort is put into these cakes.



Alan Hyson

Comrades goody bags

The response from our members was fantastic! We were able to pack a lovely goody bag with more than 30 items in it. Thank you very much to everyone who contributed towards it and also to those who helped with the packing on Friday evening.



Comrades arrangements

A special email will be sent out with all the final Comrades arrangements. Please look out for it.

Giel Cillie will be manning the gazebo at the finish. He requested that the Comrades runners let him know what they would like at the gazebo. Please send your requests to info@irenerunner.co.za

In the mailbox

I would like to find out if there are a group of Lady Irene runners who run in the morning. My wife is starting to run and would prefer to run in the morning.

Regards

Roger Brown roger.brown914@gmail.com

Notice board

Saturday, 31 May - Great Run - Series II - 10 / 5 km

Race Organisers: Global Athletics Club

Venue: Weskoppies Hospital, Pretoria West

	10km	6km
Entry Fee	R40	R30
Start Time	07h00	
Time Limit	??hrs	

Pre-entries: The Sweat Shop, Irene, Dunkfeld and Fourways Crossing,
Run-A-Way Sport, Running-Inn & AGN offices at Pilditch

On-line entries: www.enteronline.co.za and www.greatrun.co.za

Monday, 16 June - Winter Warmer Road Race - 21.1 / 10 / 5 km

Race Organisers: Alpha Centurion Runners & Walkers

Venue: ACRW Club House, Edinburgh Road, Clubview East, Centurion

GPS: S 24°50'13.3 E 28°10'32.4

	21.1km	10km	5km
Entry Fee	R70	R50	R30
Entry Fee (GGM)	R35	R25	
Wheelchair & blind athletes	Free		
Start Time	07h30		07h35

Time Limit	??hrs
------------	-------

No baby strollers or dogs on leashes will be allowed on the 10 and 21.1km

Pre-entries: Running Inn, Run-A-Way Sport, Postnet Quagga Centre, Pretoria West

On-line entries: www.entrytime.co.za

Saturday, 12 July - Afriforum Springbok Vasbyt - 25 / 10 / 5 km

Race Organisers: VTM AK

Venue: Voortrekker Monument Picnic Area

GPS: S 25.77690° E 028.17747°

	25km	10km	5km
Entry Fee	R80	R60	R30
Entry Fee (GM Only on Race Day)	R40	R40	
Wheelchair & blind athletes	Free		
Start Time	07h30		07h40
Time Limit	04hrs		

10 & 25km is not suitable for baby strollers or wheelchairs

More than half of the race is run on gravel roads and mountain tracks

The fun run is suitable for baby strollers and wheelchairs

Pre-entries: Running Inn, Run-A-Way Sport, Postnet Quagga Centre, Pretoria West

On-line entries: www.entrytime.co.za

Saturday, 19 July - Mooikloof Realtors Winter Road Race - 10 / 5 km

Race Organisers: Wingate Road Runners & Dutch Reformed Church, Garsfontein

Venue: Garsfontein Primary School, Zita Street, Garsfontein

GPS: S 25°47'24,44" E 28°17'43,22"

	10km	5km
Entry Fee	R50	R20
Start Time - Runners	07h00	07h20
Start Time - Walkers	07h15	07h20
Time Limit	02:30hrs	

Pre-entries: Garsfontein DR Church, Emmie Hartmann St, Garsfontein; Garsfontein Primary School
Run-A-way Sport, Running-Inn

On-line entries: www.nggars.co.za

Useful Links:

www.raceresults.co.za/flyers.php for the latest race pamphlets

www.agn.co.za/#League for the latest league logs and the league points you earned

www.agn.co.za/#RW Agn 2011 RW qualifying standards and selection criteria

www.wildtrail.co.za For all your trail running info

<http://www.sportsinjuryclinic.net/symptom-checker> By clicking where it hurts then ticking which symptoms most apply to you we can give you an indication of what injuries may apply.

2014 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
Race 4 Friendship	10.8 & 19 km	05/07/14	x	x
Castle Walk 10	10 km	09/08/14	x	x
Spirit of Flight	10 km	06/09/14	x	x
CSIR 10/21	10 & 21.1 km	25/10/14	x	x
Great Run IV	10 km	06/12/14	x	x

Thought for the week

Don't look to become a person of success, look instead to become a person of value..

Our Sponsors



SHORT TERM BROKERS
Value. Service. Trust
Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mwweb.co.za

We go the distance

Short Term Brokers is an authorised financial services provider – FSP no. 10670





QUANTITY SURVEYORS
www.caqs.co.za
(012) 663 3300



Photo Corner

